

# Hurricane

## Cares and Concerns



## Hurricane Survival Tips

from Trident Public Health District



### Hurricane Survival

*Use this checklist to make sure you are ready for the storm:*

- \_\_\_\_\_ Cash or travelers checks. Without power, ATMs and Pay At the Pump services will not be working.
- \_\_\_\_\_ Battery operated radio and spare batteries.
- \_\_\_\_\_ A flashlight for each person and spare batteries.
- \_\_\_\_\_ A week's supply of water, at one gallon per person per day.
- \_\_\_\_\_ Fire extinguisher.
- \_\_\_\_\_ At least a week's supply of non-perishable food, plus a non-electric can opener, paper plates, plastic cups and utensils. Good choices are bread, crackers, peanut butter, canned fruit, raisins, and other dried fruit, canned beans, beverages such as fruit juices and milk in cans and boxes, canned soup, granola bars, cold cereal, instant coffee, hard candy, tea bags, cookies, seasonings, canned stews, canned tuna, and other canned meats.
- \_\_\_\_\_ Plenty of plastic containers to hold the dry foods, spare batteries, duct tape, matches and more.
- \_\_\_\_\_ A four week supply of prescription medications.
- \_\_\_\_\_ First aid kit.
- \_\_\_\_\_ Raingear.
- \_\_\_\_\_ Trash bags.
- \_\_\_\_\_ Matches in a waterproof container.
- \_\_\_\_\_ Pet food (if you have pets).
- \_\_\_\_\_ Insect repellent.
- \_\_\_\_\_ Alternate cooking source such as a charcoal grill (don't forget the charcoal), camp stove or gas grill. Use these only outdoors and in well ventilated areas.
- \_\_\_\_\_ Ice and cooler.
- \_\_\_\_\_ Plastic tarps or plastic sheeting, staple gun with staples.
- \_\_\_\_\_ Bleach or other water purification aids.
- \_\_\_\_\_ Books and games for any children.
- \_\_\_\_\_ Infant needs.
- \_\_\_\_\_ Sunscreen.
- \_\_\_\_\_ Camera and film. You will want to take pictures of your house, interior and exterior, for insurance purposes.
- \_\_\_\_\_ Toilet paper.
- \_\_\_\_\_ Paper towels.
- \_\_\_\_\_ Moist towelettes.
- \_\_\_\_\_ Duct tape.
- \_\_\_\_\_ Sewing kit.
- \_\_\_\_\_ Hat and work gloves.
- \_\_\_\_\_ Sunglasses.
- \_\_\_\_\_ Waterproof container for important documents. This would include your children's immunization records as well as passports, wills, insurance policies, deeds, contracts, stocks and bonds, social security cards and birth certificates.
- \_\_\_\_\_ Bedding or sleeping bags.
- \_\_\_\_\_ Extra clothing.
- \_\_\_\_\_ Paper and pen.
- \_\_\_\_\_ Basic tool kit.
- \_\_\_\_\_ Personal hygiene and toiletry items. Don't forget the soap, toothbrushes and toothpaste.
- \_\_\_\_\_ Spare contact lenses and/or eyeglasses.
- \_\_\_\_\_ Cleaning supplies including disinfectant, towels, buckets, mops, etc.



## Before You Evacuate

*Check these to make sure you are ready to leave home:*

- \_\_\_\_\_ Fill the gas tank of your car.
- \_\_\_\_\_ Store home and lawn care chemicals above areas that could be flooded.
- \_\_\_\_\_ Shut off the water to the house.
- \_\_\_\_\_ Turn off the water, electricity, and natural gas to your house if told to do so by authorities.
- \_\_\_\_\_ Let people know when you are leaving and where you are going.
- \_\_\_\_\_ Lock the windows and doors.
- \_\_\_\_\_ Put plastic bags over TVs, stereos, lamps, computers, etc.
- \_\_\_\_\_ Fill the sinks and bathtubs with water to use for bathing, washing clothes and flushing when you return.
- \_\_\_\_\_ Pack some clothes in plastic bags and store on high shelves.
- \_\_\_\_\_ Find a secure place for boats or second cars.
- \_\_\_\_\_ Trim trees and shrubs of weak limbs.
- \_\_\_\_\_ Turn off any propane tanks.
- \_\_\_\_\_ Cover windows and doors with shutters or plywood if possible.
- \_\_\_\_\_ Bring inside or otherwise secure items outdoors such as a bird feeder, bicycles, grills, propane tanks and planters.
- \_\_\_\_\_ Make sure your neighbors have a safe ride.
- \_\_\_\_\_ Take your Survival Supplies in the car with you.

## Shelter Tips

*If you plan to evacuate to a Red Cross Community Shelter, take these items with you:*

- \_\_\_\_\_ Pillows and blankets or sleeping bags.
- \_\_\_\_\_ Air float or air mattress, if you want. (Remember, you are on a floor.)
- \_\_\_\_\_ Prescribed medications.
- \_\_\_\_\_ Flashlight and batteries.
- \_\_\_\_\_ Soap and towels.
- \_\_\_\_\_ Food, formulas or supplements for infants, elderly people or people on special diets.
- \_\_\_\_\_ Books, quiet toys and games for children.
- \_\_\_\_\_ Toothbrush and toothpaste or denture needs and other toiletry and hygiene needs.
- \_\_\_\_\_ Extra contact lenses or eyeglasses.
- \_\_\_\_\_ Non-perishable snack foods, water bottles.
- \_\_\_\_\_ Baby needs, including diapers, and sleeping needs.
- \_\_\_\_\_ Change of clothes.
- \_\_\_\_\_ Lightweight folding chairs and/or cots, if you want. (Remember, you are on a floor.)

## When You Evacuate

- If you are planning to travel by a hired vehicle such as a taxi or ambulance you will need to plan a couple of days in advance since many people will also be trying to make the same arrangements. Plus, the owners, drivers and other employees of the cab, limousine and ambulance companies may also need to evacuate in the event of a mandatory evacuation.
- If you plan to travel in your own vehicle, you should plan on leaving during a voluntary evacuation. Most deaths in a hurricane occur by drowning, and most of the people who drown do so by attempting to drive their vehicles through rushing and rising water.

## What about Your Pets?

- As well as planning for your family, you must also make plans for your pets. Never leave a pet unattended if you must evacuate.
- If you plan to take your pets with you to either a friend's or relative's home, a special pet shelter or to a hotel, make sure you have food, litter, cages or carriers, rabies certificates, favorite toys, etc.
- If you would like to take your pet to a special pet shelter, call the John Ancrum SPCA at 747-4849 to find out if this service will be available. Remember, only one pet per person.

# After the Storm

## Food Safety – When In Doubt, Throw It Out



### **If your home has been flooded....**

*If your home has been flooded, do not eat any food that might have come in contact with floodwater.*

- These foods should be considered unsafe and thrown away if they may have been contaminated by the flood waters:
  - Food with paper, cloth or cardboard boxes.
  - Home canned foods.
  - Flour, grains, sugar, coffee in canisters or bags.
  - Products such as seasonings, cocoa, baking powder that do not have sealed, fitted, lids.
  - Fresh meat, poultry and fish.
  - Any food in foil or cellophane.
  - Fresh fruits and vegetables that do not have a peel or shell that can be removed before eating.
  - Products with screw caps, twist caps, flip tops or snap lids. This will include products like sodas, bottled or canned juices, bottled water, condiments (mustard, ketchup, mayonnaise), peanut butter or jellies.
  - Commercially canned foods without dents, leaks or bulges can be cleaned and sanitized. Follow these steps:
    - 1) Remove the label; 2) wash the cans in warm soapy water and rinse with clean water; 3) soak for 30 – 60 seconds in a solution of one ounce bleach to 6 gallons of water; 4) re-label the cans with a permanent marker, making sure to include the expiration date.
- Wash and disinfect all non-food items made from non-porous material, such as tableware, china, glasses, silverware or other metal utensils.
- Throw away any plastic utensils, paper and plastic plates, wooden bowls and kitchen tools or any other non-food items made from a porous material.

### **If Your Home Has Been Without Power...**

*Contact all your utility companies for guidance on when and how to turn on water, electricity and natural gas.*

#### *Foods in the Freezer*

- If you keep your freezer door shut as much as possible foods could stay frozen for 1 – 3 days, depending on 4 things:
  - 1) The amount of time the door is open;
  - 2) The more food in the freezer, the longer the foods will stay frozen;
  - 3) The room temperature outside the freezer; and
  - 4) The larger and better insulated the freezer, the longer the foods will stay frozen.
- Frozen foods that have thawed and are still chilled completely should be:
  - 1) Cooked and then frozen, OR
  - 2) Prepared and eaten, OR
  - 3) Thrown away.
- Partially frozen foods such as fruits, vegetables or meat, that still have ice crystals on them can be refrozen.
- Do not refreeze ice cream or frozen dinners.

#### *Foods in the Refrigerator:*

- Most foods will be unsafe to eat if the power has been out for more than a few hours.
- Keep the refrigerator door shut as much as possible. This could allow the food to stay chilled for 4 – 6 hours.
- Throw away any of these foods that have been at room temperature for 2 hours or more:
  - Raw or cooked meat, poultry, seafood, meat topped pizza or lunchmeats.
  - Casseroles, soups or stews.
  - Milk, cream, yogurt, soft cheeses, cottage cheese.
  - Mayonnaise, tartar sauce or creamy dressings.
  - Cooked pasta, potatoes, rice and salads.
  - Cookie dough.
  - Eggs and egg substitutes.
  - Custards, cream filled pastries, chiffon and cheese pies.
  - Gravy.



### *Foods in the Refrigerator (continued):*

- Discard any food that has an unusual odor, color or texture.
- DO NOT TASTE THESE FOODS! Bacteria may not always smell, have a taste or be visible.
- These foods can be stored at room temperature for 2 – 3 days and still be safe as long as they have not been touched by flood waters:
  - Butter or margarine.
  - Hard and processed cheeses.
  - Fresh fruits and vegetables.
  - Fruit juices.
  - Dried fruits and coconut.
  - Fresh herbs and spices.
  - Opened jars of vinegar based salad dressing, peanut butter, jelly, relish, mustard, ketchup, olives and barbecue sauce.
  - Flour and nuts.
  - Fruit pies.
  - Bread, rolls, cakes, muffins, bagels.

### *Back to the Basics, Cooking Without Power*

*Follow these simple guidelines so that if you have to prepare food without electricity or gas, it can be done safely:*

- Charcoal and gas grills or camp stoves are great alternatives, but keep them in a well-ventilated area. NEVER USE THEM INDOORS. Not only can they cause a fire, you also risk carbon monoxide poisoning.
- If you have a fireplace and there has been no damage to the chimney you can pretend you are at a campfire. Make sure the damper is open.
- If you have to build a fire outdoors, build it away from any buildings, including carports. Make sure the fire is well contained. A metal drum or stones around the fire bed are good options. You can also build a wood fire in a charcoal grill.

### *Don't Drink the Water....Until You Are Sure It's Safe*

*After a hurricane, all water sources should be considered unsafe until they have been tested and the proper authorities tell you it is OK to drink. Until then, here are some tips about water safety that will help you stay healthier:*

- Safe drinking water includes distilled or bottled water that has not come into contact with floodwater.
- You can make water safer in 3 ways:
  - 1) Bring water to a rolling boil and keep it there for at least 1 minute. THIS IS THE ONLY SURE WAY TO KILL HARMFUL ORGANISMS.
  - 2) Add plain, unscented liquid chlorine bleach to water at a rate of ¼ teaspoon per gallon. Then shake and let stand for 30 minutes. A slight chlorine odor should be detected. If you can't smell the chlorine slightly, repeat the process and let stand for another 15 minutes. Hint: a pinch of salt added to the water and then pouring from one container to another several times will help to improve the taste.
  - 3) Add iodine at 5 drops per quart for clear water and 10 drops per quart for cloudy water. Let the treated water stand for 30 minutes.
- Strain cloudy water by pouring through a clean cloth.
- Do not swim or bathe in rivers, streams, creeks, lakes or the ocean until you hear or read an announcement by officials that the water is safe.
- Brush your teeth, prepare formula, bathe, wash dishes and cook only with treated water.
- Rinse containers for water with a bleach solution before using and reusing them.
- If you have a well you will want to make sure that it is not contaminated. Do not use the water from your well until it has been tested. For information on how to have your water tested, or how to disinfect your well, contact DHEC Environmental Quality Control at (843) 740-1590.

**Trident Public Health District**  
**Serving Berkeley, Charleston and Dorchester Counties**

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